

# CSULB Gerontology Program Newsletter

Department of Family and Consumer Sciences

Spring 2018, Volume 10

## 38<sup>th</sup> Annual Meeting

*Aging in the New Millennium:  
Cultivating the Next Generation of Leaders and Innovators*

April 20, 2018

University of La Verne



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# Gerontology Graduate Assistant Introduction

**Alexandra Wilkinson MSG(c)**



Hello CSULB Gerontology Department. My name is Alexandra Wilkinson. I am very appreciative to be the new Graduate Assistant for our program. I love this new position and I am very delighted to be assisting Dr. Claver. This position has given me the opportunity to learn about the fields of higher education and gerontology, as well as sharpen my research skills. In addition to the GA position, I am

also an AVID tutor at Millikan High School.



My journey into gerontology, like many of you, began with a wonderful relationship with my grandparents. I pursued my bachelor's degree at Cal State Long Beach in psychology after transferring. It was not until

the middle of my first semester at Long Beach, that I discovered the certificate in gerontology. After a few emails, it was added to my program. I received my Bachelors in 2016, after which I began my journey in the Master's of Science in Gerontology Program.

I have volunteered with several organizations including VA Long Beach, Sunrise of Huntington Beach, and Meals on Wheels during my academic career. I have also proudly been involved with several leadership campus organizations. Among them was the Psychology Resource Office, to which I added a comprehensive binder of gerontology information for student use. I have also proudly served as a student ambassador for CCGG. Additionally, I have been involved with the Psychology Student Association as secretary and have been both President and Vice President of Sigma Phi Omega.

Currently, I am immersed in my thesis work. My research combines two passions of mine – the field of gerontology and companion animals.



In my free time (when I have any), I will be at a hockey game supporting my significant other, or at dog beach with our mini Australian Shepherd, Prince Phillip (above).



# Graduating Student Blurbs

**We congratulate them for their perseverance and hard work**

**Winter 2018**

**Lauren Gelgur** completed her MS GERN in Winter 2018. Her thesis title was: THE ASSOCIATION BETWEEN DEPRESSION AND SOCIAL ISOLATION AMONG OLDER ADULTS

**Spring 2018**

**Guadalupe Salgado** (Thesis): AUTISM AS A POTENTIAL BUFFER AGAINST ALZHEIMER'S DEMENTIA: A SYSTEMATIC LITERATURE REVIEW

**Gabriela Sedano** (Directed Project): THE ELDER INDEX TOOL: A MANUAL FOR CALIFORNIA AREA AGENCIES ON AGING

**Natalie Favela** (Directed Project): A FAITH-BASED PROGRAM TO PROMOTE SOUL CARE FOR FAMILY CAREGIVERS OF OLDER ADULTS

**Antanique Darling** (Directed Project): A BUSINESS PLAN FOR DARLING SUITES: AN ASSISTED LIVING FACILITY IN ROCK ISLAND, IL

**Samanta Hernandez** (Thesis): LEON, MEXICO: A NEEDS ASSESSMENT OF AN AGE-FRIENDLY COMMUNITY

**Fatima Vergara** (Directed Project): ADDRESSING SOCIAL CONNECTEDNESS AND SOCIAL ISOLATION AMONG OLDER LGBTQ ADULTS THROUGH SOFTWARE DESIGN

**Frances Ginder** (Directed Project): COORDINATING RESOURCES FOR OLDER ADULTS IN LONG BEACH

**Melissa Ratto** (Directed Project): AN EDUCATIONAL MODULE ON PALLIATIVE CARE FOR AN UPPER DIVISION GE GERONTOLOGY COURSE

**Kathy Givens** (Thesis): WHAT GIVES YOUR LIFE MEANING (WGYLM©): INCREASING HIGH SCHOOL STUDENTS' AWARENESS OF PALLIATIVE CARE



# Golden Girls Class

Drs. Claver (Gerontology) and Wang (Nutrition) thank you for being a friend...and WOW! Did FCS 490/590: Women & Aging – Lessons from the Golden Girls have a lot of friends this semester! The course, offered from an interdisciplinary perspective, was based on episodes of the popular TV show, The Golden Girls, and covered various topics related to older women such as caregiving, chronic illness, addiction, HIV and retirement. Planned guests to the class that shared their professional and personal experience included

CSULB faculty from departments, partners from community agencies, and Osher Lifelong learning members. Unplanned guests (but equally welcomed guests) included friends and family members of students and alumni of the MS Gerontology program who wanted to check it out or had a particular interest in the topic for that class session.



The course was discussion-rich, both in class and through online discussion boards, which allowed students to further explore course topics. For the final paper, students interviewed three women (one 20-40-year-old, one 40-60-year-old and one 60+ years old) about a topic of their

choosing (e.g., relationships, exercise, retirement) and made comparisons among the women interviewed, supported by research materials. Drs. Claver and Wang plan to make this “Special Topics” course a permanent course and offer it each spring semester.

**By: Dr. Claver**





# Cynthia's Hot Topics

## Aging on the Web

Surfing the web can be an endless endeavor. I'll bet some of you can relate to my situation...the numerous times I've gone online searching for something, only to find myself hours later somewhere far removed from where I originally started. I often end up in the black hole of unplanned exploration on the Internet. Here are a couple of interesting age-related discoveries I've stumbled across this semester.

One site I like to follow is the national organization Justice in Aging ([www.justiceinaging.org](http://www.justiceinaging.org)), whose mission is to use the power of law to fight senior poverty. Justice in Aging focuses their efforts on populations that traditionally have lacked legal protection. The site offers trainings, webinars and tons of resources for your use in the classroom setting. Subscribe to the newsletter, follow them on social media, check out [Aging poor in America](#) and think about how we all can make a difference in 2018.



Another resource I found is a result of spending countless hours searching for “just the right” online video to help get my point across to students. I discovered <http://www.videocaregiving.org/nowplaying.php>, a new site from Terra Nova films (thankfully replacing those stacks of VHS tapes!). Videocaring.org was created to provide free resources to the estimated 50 million in-home caregivers in the U.S. Their vision is the belief that “a picture is worth a thousand words” to make it easier for caregivers to find solutions. The videos are real life stories from real life people, and many in a documentary format. Terra Nova even created an HTML link to embed the site into your online class (hint: look under media).

**By: Cynthia Schlesinger, MSG**



# The College of Health and Human Services Relaunches its Center for Successful Aging

**By: Iveris L. Martinez, PhD, Archstone Foundation Endowed Chair in Gerontology**

With just two months at LBSU, I am pleased to see the awareness that the College of Health and Human Services (CHHS) and the local community have of both the challenges and opportunities of an aging population, as well as the momentum and commitment both have to work toward creating innovative solutions so that all older adults can age in place and experience the best quality of life in aging. As the new Archstone Foundation Endowed Chair in Gerontology, I am charged with relaunching and directing the Center for Successful Aging, which we aspire to serve as a “one stop shop” for all things aging at The Beach and in the community at large. I am excited to bring to this position over twenty years of experience in aging research, program implementation and evaluation, as well as a background on teaching on health disparities, interprofessional teamwork, and minority health.

The mission of the Center is to bring together faculty and community partners to develop creative solutions for diverse aging populations, with a vision to serve as a leader in community engagement and applied research to address disparities and promote quality of life in aging. The Center will have three overlapping foci: 1) Interdisciplinary Research, 2) Community Engagement, and 3) Workforce Development. Our interdisciplinary research will focus on reducing disparities, promoting wellbeing and promoting age-friendly communities for all. We will engage communities both as a conduit of research and service learning, and as well as serve as resource for communities of the latest knowledge on aging. In conducting our research and other community-based programming, we will be developing the future workforce by providing opportunities for interprofessional education to our students and continuing education in aging to persons both within clinical fields that are often thought of as aging-related, as well as other fields that intersect with an aging population, such as design, engineering, and hospitality. We are collaborating closely with the Gerontology Program to maximize our impact in all these arenas.



**Dr. Iveris Martinez**

While the challenges of aging are many – from poor health, risk of falls, difficulty navigating a complex social and health service system, social isolation and the technological divide that can further isolate older adults, especially the most vulnerable of seniors, they are also an cause for innovation. The challenges are surmountable if approached with willingness, creativity, and effort. They are also an opportunity to tap into the wisdom of those who have many life years of experience. It is for these reasons, that we are working with American Gold Star Manor residents to consult with them, jointly develop and implement innovative solutions, evaluate these programs, communicate and expand on what we learn. American Gold Star Manor, located in northeast Long Beach, is home to 420 seniors, most of them Gold Star families (parents who lost a child in the military), as well as veterans. This initiative is being carried out in collaboration with and with the support of the American Gold Star Manor, the Archstone Foundation, and SCAN Health Plans. At the Manor, we will be working in collaboration with residents to address their most pressing needs, as well as learning from their wealth of life experience. After a rigorous RFP and review process, four projects spearheaded by CHHS faculty and involving CHHS students, have been selected to be rolled out this summer and fall. The programs being implemented all bring the expertise of diverse faculty at the College, serve as an opportunity for service learning for students, and have the added value of research to evaluate the impact, with the goal of scaling successful projects up to other sites and communities. We are also bringing our ROTC program to volunteer at the Manor in efforts to foster intergenerational exchange between future cadets and veterans.



# Alumni Spotlight:

## Emily Kreindel Mojica, MSG

When I first began working at the Medical store my senior year of high school, I had no idea how much I would fall in love with the nature of the business and that it would affect my entire course of education. After graduating college with a degree in Medical Sociology, I knew I wanted to learn more and began exploring options that related to my passion for helping older people within my community. Once I discovered Gerontology, I knew I had found the right program to pursue my Master's degree.

My time in the CSULB Gerontology program seemed to fly by, and before I knew it, it was time for me to do my thesis or directed project. Since I had been working at my

family-owned medical supply store for about 10 years at this point, I had a lot of knowledge about medical equipment and was eager to share. I also was frustrated at the fact that many doctors didn't seem to know much about the products available or even the

products that they were prescribing.

I decided to do a directed project that included an interactive community workshop presenting durable medical equipment and home health aids. I really wanted the community to be able to learn about products that are available to them that can make life more manageable and allow them to stay active within their communities.

Today, six years after graduating from the CSULB Gerontology program, I continue to present the interactive workshop. It is still presented to CSULB Gerontology students in their Health Assessment and the Aging Client class, as well as to the volunteers of the Ombudsman program. Medical Store is also close with the local Parkinson's community and has presented to many of their support groups.

MEDICAL STORE

*—The Store with a Heart—*



Address: 333 E 17th St, Costa Mesa, CA, 92627. Phone: (949) 722-1128.

Website: <https://www.medicalstorecostamesa.com/index.htm>



# Alumni Spotlight:

## Jo Stephanie Francisco, MSG

Class of 2007 at CSULB

I am blessed to be able to do what I love.

When I first graduated with my BA in Liberal Studies, I worked with developmentally disabled adults. I really liked the population and really enjoyed my work. One day while at work, I was asked to help in the Senior unit. That day, I knew I was meant to work with seniors. I loved their interactions, stories, history, advice, opinions (sometimes), and mostly how they changed my view of what a senior is. It was at that moment that I decided to go back and get my Professional Certificate in Gerontology. I changed positions and started working in low income senior HUD housing.



Working face to face with seniors in low income housing was exhilarating, exhausting, fantastic, frustrating and I loved every minute of it. I was excited to see what each

day would bring. After completing my Professional Certificate, I started on my Master of Science in Gerontology. Dr. Bader and Dr. White were very influential in my course work and thesis. They really helped guide me in connecting my education to my work experience. This strengthened my professional career in Service Coordination and allowed upward movement. As the Resident Services & Quality Assurance Consultant, I oversee the Service Coordinator program for Silvercrest Management for the 13 Western States Territory.

Over the past 20 years, I have benefitted from getting involved in many professional groups and associations. The longest involvement has been with the American Association of Service Coordinators, (AASC), which provides professional educational meetings. I have served many roles with this association and currently hold the position of President of the Southern California Chapter Los Angeles group and San Diego group.



I love working with and helping seniors. I would not be where I am today without my education, specifically my Masters of Science in Gerontology. It has helped propel me in my career and provided many opportunities. I am blessed to continuously learn more about seniors and work with the senior population.



# Alumni Spotlight:

## By Rachel (Price) Rios, MSG

In retrospective, my career path has been pretty focused. The areas of work and target audiences may have varied, but at the core, I am still dedicated to creating unique educational offerings and on-going training of health professionals that care for our older adults. I still remember writing about my passion for education in my application to CSULB 15 years ago!

Upon graduating from CSULB in 2005, I found the perfect start with the UCLA David Geffen School of Medicine, Division of Geriatrics. Within the educational unit of the Division, a home was offered for those interested in the field of aging, clinical research, and education and evaluation. It was the perfect home for me! Over the 10 years I worked for UCLA, I transitioned from program coordinator to program manager to Executive Director of the California Council on Gerontology & Geriatrics (CCGG) and Deputy Director of the California Geriatric Education Center. It was priceless to work on national and state initiatives, run large and small grants, and work with amazing faculty and staff at such an early time in my career.



New opportunities arose and I transitioned over to California's Quality Improvement Organization for CMS, Health Services Advisory Group (HSAG) in 2015. My work with HSAG included offering free technical assistance and education to nursing home staff and leadership on quality improvement measures and reducing unnecessary hospitalizations. I learned more about the inner workings of care delivery, regulatory requirements, and the challenges staff face on a daily basis. This work led to my most recent career change. Just this month, May 2018, I started with Rockport Healthcare Services, which is the largest nursing home management company in the state. As Director of Education, I hope to improve the education and training opportunities for nursing home leadership and staff. I'm confident we can develop and modify successful models to improve care even in our complicated systems of care!





# Poetry: See Me

## Start

What do you see nurses? . . . . .What do you see?  
What are you thinking . . . when you're looking at me?  
A cranky old man, . . . . .not very wise,  
Uncertain of habit . . . . . with faraway eyes?  
Who dribbles his food . . . . . and makes no reply.  
When you say in a loud voice . . 'I do wish you'd try!  
Who seems not to notice . . .the things that you do.  
And forever is losing . . . . . A sock or shoe?  
Who, resisting or not . . . . . lets you do as you will,  
With bathing and feeding . . . .The long day to fill?  
Is that what you're thinking?. .Is that what you see?  
Then open your eyes, nurse .you're not looking at me.  
I'll tell you who I am . . . . . As I sit here so still,  
As I do at your bidding, . . . . . as I eat at your will.  
I'm a small child of Ten . .with a father and mother,  
Brothers and sisters . . . . . who love one another  
A young boy of Sixteen . . . . . with wings on his feet  
Dreaming that soon now . . . . . a lover he'll meet.  
A groom soon at Twenty . . . . .my heart gives a leap.  
Remembering, the vows . . . . .that I promised to keep.  
At Twenty-Five, now . . . . .I have young of my own.  
Who need me to guide . . . And a secure happy home.

## Continue

A man of Thirty . . . . . My young now grown fast.  
At Forty, my young sons . . .have grown and are gone,  
But my woman is beside me . . to see I don't mourn.  
At Fifty, once more, . . . . .Babies play 'round my knee,  
Again, we know children . . . . My loved one and me.  
Dark days are upon me . . . . My wife is now dead.  
I look at the future . . . . . I shudder with dread.  
For my young are all rearing . . . . young of their own.  
And I think of the years . . . . And the love that I've known.  
I'm now an old man . . . . . and nature is cruel.  
It's jest to make old age . . . . . look like a fool.  
The body, it crumbles . . . . . grace and vigor, depart.  
There is now a stone . . . . where I once had a heart.  
But inside this old carcass . A young man still dwells,  
And now and again . . . . . my battered heart swells  
I remember the joys . . . . . I remember the pain.  
And I'm loving and living . . . . . life over again.  
I think of the years, all too few . . . . gone too fast.  
And accept the stark fact . . . . that nothing can last.  
So open your eyes, people . . . . . open and see.  
Not a cranky old man.  
Look closer . . . . see . . . . . ME!!

- Author Unknown



# GAHPS UPDATE

## **Sigma Phi Omega: Inspiring Others to Make a Difference**

**By Alexandra Wilkinson, edited by Lauren Gelgur**

This spring, was another busy semester for Sigma Phi Omega - Delta Eta Chapter. Known at CSULB as the Gerontology Academic Honors and Professional Society (GAHPS). Two general meetings were held that covered topics of health and wellness of the older adult as well as financial planning and retirement preparation opportunities for students. Members learned about the importance of advocating for older adults' health as well as common comorbidities amongst the older adult population. Also, members learned about how to become financially literate and how to properly save for retirement. Both meetings provided useful information for members as they continue to further their knowledge as future professionals in the growing field of gerontology. Additionally, several thesis study dates were held to assist busy students stay on top of their academic deadlines.



In addition to the in-campus meetings that were hosted this semester, Sigma Phi Omega leaders and members had the opportunity to attend The California Council on Gerontology and Geriatrics (CCGG) 38th Annual Meeting in La Verne, CA. Students and faculty of the CSULB Gerontology Program presented their research findings and engaged in roundtable discussions



CSULB Sigma Phi Omega members concluded the eventful agenda of the 2018 Spring semester by attending the Intergenerational Dinner organized by Professional Alliance to Help Seniors (PATH) in collaboration with Sunrise Senior Living - Hermosa Beach, CA and USC Sigma Phi Omega chapter. The dinner was a great experience for all who attended, students and



residents. About twelve Sunrise residents and twelve CSULB and USC students shared stories about important intergenerational experiences. The evening ended with a game of “guess that song - Intergenerational Edition.” The game featured melodies that were familiar to both younger and older generations. Because the evening’s goal was for students and residents to bond and learn from each other, the idea of “pen-pal” was implemented in order to continue to nurture their newfound friendships.

Additionally, we gladly claim the title Student Organization of the Year presented by the College of Health and Human Services. As another academic year is quickly approaching, members of our society will continue to network. A get-together is planned for May to recognize our individual and group successes. With as many of our current board members graduating this year, we wish them the best of luck in their future endeavors! To the rest of us, we are looking forward to a fun summer and another successful academic year!



# Quality Matters

**Elena is not only the best, but now will be the first!**

**By: Casey Goeller, MSG**

Last summer, Elena worked hard to get her online section of Gerontology 400, Perspectives on Aging, ready to meet the standards of the QOLT rubric, which is a rigorous rubric created by the CSU. Over the past couple of semesters, the University has decided on utilizing the Quality Matters rubric (QM) and Elena has been working hard (again!) to meet the standards of that equally rigorous rubric that is on an international stage. I'm happy to report that her section is ready for a final formal review, and her course will be submitted by the time you read this newsletter. This will make her section of Gerontology 400 the first QM reviewed course at CSULB! Great work.



## FCS Awards Ceremony

**Congratulations to our graduate and undergraduate award winners!**

- The Outstanding Student Citation Award recognizes undergraduate students that have a high GPA, show excellence in performance, and are actively involved in the university. Our 2018 award winners are Arren Bruland, Alexis Gequillo, Janelle Lapidario, and Victoria Yamzon.
- Scholarship winners include: Ruby Brown, Hannah Gay, Cynthia Strickler, Kari Tropp and Brittany Wruck. Congratulations!
- Lauren Gelgur was selected to be on the Graduate Dean's List of University Scholars and Artists because of her high GPA, contributions to the program and contributions to the discipline.
- Frances Ginder was chosen to receive Graduate Student Honors because she has demonstrated excellence in and contributed to the discipline, has participated in university committees, and has participated in professional or scholarly organizations.
- Two of our graduating post-bac certificate students were also honored. Debra Bein was recognized for her leadership and service and Candyce Kornblum was recognized for academic excellence.

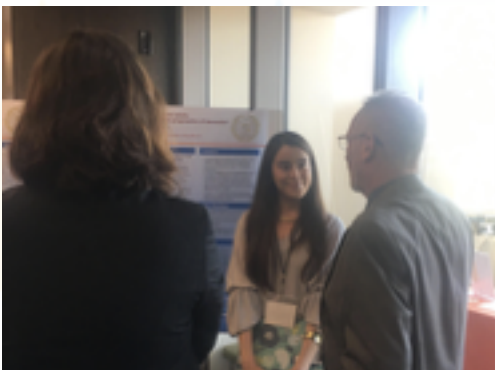


# CCGG 2018

Cal State Long Beach students took to the road on April 20th, as the California Council on Gerontology and Geriatrics (CCGG) annual meeting took place at the University of La Verne. Students and faculty presented the research they have worked so hard to complete. The conference began with a light breakfast and greetings from “eager-to-see-each-other-once-again” people. The opening statement by President Tara Gruenewald, welcomed the crowd and prepared us for what was to come. Up next was Brandi Orton, MSG, discussing her journey through her degree and her experience with advocating for older adults. Currently, she serves as the managing director of the Los Angeles Aging Advocacy Coalition. She brought with her three older adults that help her advocate, embodying the saying “nothing about us, without us!”



After her uplifting speech, we heard from the next generation of leaders in our field, the CCGG Student Ambassadors. Students from five schools spoke about the year they have led students at their intuitions and how they are inspiring new leadership themselves. Schools that presented included, The University of Southern California, CSU Fullerton, CSU Sacramento, University of La Verne, and our own CSU Long Beach. Our ambassador spoke not only about the great accomplishments of our school and honor society, but about the importance of recruiting in our field, emphasizing the point that all students have a stake in Gerontology regardless of their major.



**Kassandra Chavez**

the boost it needs.

Furthermore, Dr. Steve Castle took on the topic of aging in Hollywood, citing research stating that ageist stereotypes are the only stereotypes everyone will grow into themselves. Moreover, those who hold negative aging stereotype then internalize them as they become the older adult. Additionally, our own Dr. Iveris Martinez spoke about developing age-friendly communities in Florida and steps to implement them in Long Beach or surrounding areas. The last speaker, Dr. Torres-Gil, spoke about the shifting political climate. He spoke to the importance of immigration with the coming aging boom, and that immigration may save Social Security and Medicare – or at least give it

The conference closed with roundtable discussions. Participants discussed such topics as physical activity and the older adult, word choice, interdisciplinary learning, policy, and proper dementia care for your loved one. After the table discussion, each table shared main points realized from the discussion. Dr. Kelly Niles-Yokum closed the conference with a call to action. It may look different to each individual, but we can each make a difference. Utilizing CCGG as our go-to, state-wide leader in aging, we can leave behind a better world for future older adults and future leaders in this field.

**By: Alexandra Wilkinson,  
CSULB CCGG Student Ambassador**



# Reflection from a Recent Graduate

One of my goals that I wanted to achieve when I applied to the program was to deepen my knowledge in the Gerontology field as I worked toward becoming an expert. I wanted to be prepared to apply all the knowledge and skills learned in the classroom to real world situations to be an effective advocate for the elderly. Another desire of mine that has become a long-term goal for my career is to decrease homelessness, especially in the elderly population, by providing resources and programs that meet their needs. I also want to be able to give good advice to the elderly about health care and ensure that their medical needs are being met.



Frances Ginder, Samanta Hernandez, Mahsa Eht

I decided that this is the field that I want to be in and after careful consideration of the program, I strongly feel that it will enhance my personal and professional growth. I took advantage of every resource and attended seminars and workshops. I networked with different personalities in the field and policymakers including Mayor Garcia and Mayor Garcetti. I was invited by Sandra Fitzpatrick (California Commission on Aging Executive Director) to attend one of her conferences and was able to meet Rigo Saborio (President and CEO of St. Barnabas Senior Services) and Laura Trejo (LA City Department of Aging General Manager). Senator Hannah-Beth Jackson of the 19th Senate District is forming a senior housing advocates group, which I am honored to be a member of. These have been great opportunities for me to learn and at the same time network with colleagues and share ideas.

I completed my internship at the Long Beach Senior Center, under the Department of Parks, Recreation and Marine. I was assigned in the Office of Information, Referral and Assistance. My task was to guide participants to resources such as food, transportation, health, and legal services. I referred and advised participants about new available resources. Through my internship, I was blessed to receive a job offer in the same department. As a Recreation Leader/Specialist, I work directly with older adults and provide services and assistance. Along with the launch office of the Long Beach Healthy Aging Center (formerly Office of Aging), I am excited about planning and participating in future services for older adults in Long Beach.

Completing graduate school was a solid step toward achieving the career I am aiming for. I understand that learning never ends, but at the end of my program, I consider myself an expert in gerontology and will utilize my knowledge and experience to make advances in the field.

**By: Frances Ginder, MSG**



# Hot Topics in Research :

## Older adults expected versus perceived social support; assisting with visiting a healthcare professional

Is social support the same for everyone? Who offers social support, who is perceived as helpful and the

different types of support may be experienced and perceived differently by race and culture. Currently I am working on a study that aims to investigate the differences amongst ethnoracial groups in the San Bernardino County regarding who older adults expect social support from and who they perceive as helpful agents of support in relation to visiting or recommending them to a healthcare professional. The sample included 400 older adults who reside in the San Bernardino, older adults identified as either White, African American, Latino or Other. A mixed-method approach was used to gain a comprehensive understanding of older adults in relation to whom they



perceived as helpful with visiting a physician versus who they expect social support from. The quantitative analysis allowed the researcher to validate and expand on the concepts of social support differentially amongst ethnoracial groups of older adults. The qualitative analysis portion of this study using the same population provided a better contextual based understanding of perceptions of social support amongst different ethnoracial groups of older adults. The RECAP study was based on a participatory research approach and used convenient-sampling methods to collect both qualitative and quantitative data. Results indicated that Latinos, African

Americans, Whites and Others all expected social support from family regarding visiting a healthcare professional, however Latinos perceived and expected the most social support from family members. Latinos also expected the most support from church members and neighbors in comparison to other ethnoracial groups, however, African Americans perceived neighbors as most helpful in offering social support. These findings may aid



healthcare professionals and social workers to assess with a lens of cultural sensitivity when inquiring about potential resources of support for patients and clients. **By: Lisa Lares, MSG**



**Have an Excellent Summer!**

**THANK YOU**



**FOR BEING  
A FRIEND**

Edited by:  
Maria Claver Ph.D., MSW, CPG & Alexandra Wilkinson MSG(c)